



## **YOUTH FOOTBALL PROGRAM**

### **2015 RESOURCE GUIDE**

**DEPARTMENT OF RECREATION, PARKS AND CULTURAL ACTIVITIES  
RECREATION SERVICES DIVISION - SPORTS SECTION  
[www.alexandriava.gov/Recreation](http://www.alexandriava.gov/Recreation)**



## **Sports Staff Contact Information**

### **Alexandria Sports Office**

703.746.5402

### **Registration & Reservation Office**

703.746.5414

### **Mac Slover, Director of Sports**

703.746.5407

[Mac.Slover@alexandriava.gov](mailto:Mac.Slover@alexandriava.gov)

### **Tamika Coleman, Recreation Manager – Youth Sports**

703.746.5408

[Tamika.Coleman@alexandriava.gov](mailto:Tamika.Coleman@alexandriava.gov)

### **Jim Gibson, Volunteer Football Commissioner**

[gccjg@aol.com](mailto:gccjg@aol.com)

### **Youth Sports Hotline**

703.746.5597

*The Youth Sports Hotline is the number to call for practice and game information in case of inclement weather.*

### **Youth Sports Equipment Room (across from Kelley Cares Miracle Field)**

1108 Jefferson Street

### **Youth Sports Website**

[www.alexandriava.gov/Recreation](http://www.alexandriava.gov/Recreation)

### **Fairfax County Youth Football League Website**

[www.fcyfl.org](http://www.fcyfl.org)

*Coaches contact information will be received once the teams are formed.*

**The Alexandria Titans** are a member of the Fairfax County Youth Football League (FCYFL). For more information on FCYFL visit the website at [www.fcyfl.org](http://www.fcyfl.org). The FCYFL is a full contact tackle football league. Teams are formed based on ability as well as by the age/weight chart below. Teams are formed in the following divisions: Anklebiter (AB), 80, 90, 100, 115, 130 and 155 pounds. The weights listed on the chart are maximum weights. The Age/Weight Matrix is listed on the next page.

The Anklebiter Instructional Group is one conference, divided into several divisions, dependent on the number of teams enrolled. Since these are the youngest players in an instructional group with special competition rules, no distinction between levels of experience is warranted.

For the remainder of the weight classes there are three established conferences to provide three different levels of ability and experience for the players.

a) The **American Conference** is structured with youths of the greatest ability and most experience in comparison to their peers.

b) The **Central Conference** is a mid level competition group structured to include both single entry Club teams which may not be able to compete equally in the American Conference and multiple entry Club teams with some experience.

c) The **National Conference** is designated as a conference for multi- entry teams with youth of limited ability and experience in comparison to the other conferences.

**Each participant is required to have their own current Department of Motor Vehicle Identification Card in order to play in the league and receive equipment. For more information on how to obtain a D.M.V. ID visit their website at [www.virginia.dmv.org](http://www.virginia.dmv.org).**

The **Fairfax County Youth Football League (FCYFL)** serves the Northern Virginia region, with 23 member clubs located in Arlington, Fairfax, Loudoun, and Prince William counties and Alexandria city. The purpose of the FCYFL is to provide participating youth with a healthful, enjoyable leisure time activity, and to foster in them the qualities of sportsmanship, team play, and integrity. Teams from outside the geographic boundaries of Fairfax County may play in the FCYFL as long as they play with a youth club recognized by the FCYFL.

At its April 2013 Board of Commissioners meeting, the FCYFL voted overwhelming to add 5 pounds to its Age/Weight Matrix (see below) at all weight classes except Ankle Biters. The measure was taken in an effort to ensure we continue to serve our community and the largest group of children possible, so the weights were changed to adjust to the growth in the size of children over the last several years. This is the first change in the matrix in over 10 years. A participant's age is their age as of October 1, 2015.

Age	7	8	9	10	11	12	13	14	15	16
AB	UNL	90	55							
80		100	90	85	80					
90			110	100	95	90				
100				120	110	105	100			
115					135	125	120	115		
130						150	140	135	130	
155							175	165	160	155

**Weights shown are maximum weights. Age as of October 1, 2015**

**Registration** forms can be found on our web site, neighborhood recreation centers or the Registration and Reservation Office at the Lee Center. All City of Alexandria residents ages 7 - 16 are eligible to participate. Participants must be 7 years old by October 1, 2015 and no older than 16 as of October 1, 2015. The registration fee is \$90. Financial assistance is available. Online registration is also available; please visit <https://rec.alexandriava.gov/webtrac> to register online. Checks or money orders must be made out to the City of Alexandria.

**Preseason Football Combine** will be held July 27 – July 30 from 6 p.m. to 8 p.m. at George Washington Middle School. Participants should wear t-shirts, shorts and cleats and bring water. Alexandria Titans coaches will facilitate the camp. Participants will learn the proper techniques of passing, catching, blocking, and other fundamentals of football. Participants must be registered for the 2015 season to attend the camp.

**Practice** will begin Monday, August 3 from 6 p.m. – 8 p.m. at the Braddock Road Field, located next to George Washington Middle School at 1005 Mt. Vernon Avenue. The first three days of practice are conditioning days, participants should wear shorts, t-shirts and helmets. Participants can not wear full equipment until they have completed their three conditioning days. Only white pants should be worn to practice, blue pants are for games only. Participants are strongly encouraged to bring water to every practice. The level of activity during the summer months may be limited based on the temperature and humidity conditions.

Practice will be Monday - Friday until Alexandria City Public Schools begin. Practices shall not exceed one 2 hour period per day, five days a week until school starts. Beginning with the first week of school, the number of team practices or team meetings shall not exceed 4 per week including games for all weight groups.

Once teams are formed, the head coach of each team will set the specific days and times for practice for their team. All teams will begin practice at Braddock Road Field on August 3; once teams are formed teams will move to other fields within the City of Alexandria.

**Equipment** is supplied by the Alexandria Department of Recreation. Each player will receive a helmet (with approved face guard and chin strap), shoulder pads, practice pants (with thigh pads, knee pads, hip pads and tail pad), game pants and mouth piece. Players are required to provide their own cleats, protective cups and extra mouthpieces.

Participants are required to turn the D.M.V. ID into the Sports Office before equipment will be issued. The Sports Office will return the ID when all of the equipment is returned at the end of the season. Equipment will be issued on the following Equipment and Sportsmanship Days: **Saturday, July 18 from 9 a.m. – 12 noon** for players in the anklebiter and 80 pound weight divisions; **Saturday, July 25 from 9 a.m. – 12 noon** for players in the 90 and 100 pound weight divisions and **Saturday, August 1 from 9 a.m. – 12 noon** for players in the 115, 130 and 155 pound weight divisions. Equipment will be distributed from the Youth Sports Equipment Room located at 1108 Jefferson Street. A parent/guardian must be present with the player to receive equipment. To determine the correct weight class for your child, please use the FCYFL chart or call the Sports Office at 703.746.5402.

The equipment that you are issued is the property of the City of Alexandria Department of Recreation, Parks and Cultural Activities. In order to receive your D.M.V. ID, all of the issued equipment must be returned within one week of the end of the season. A parent/guardian will sign an Equipment Loan Form, which

states “it is understood you are responsible for any damages to or loss of equipment and will be expected to pay the cost of replacement or repairing the equipment.” All uniforms (except the game jersey) must be returned at the end of the season within one week after the team’s final game.

**Game Uniforms** All clubs in the FCYFL are required to have one consistent, approved, uniform color combination scheme using their club colors at the beginning of each season. The Alexandria Titans colors are red and blue with white helmets. Please only wear game uniforms to games and not to practice. The head coach will receive the game jerseys prior to the first game and will issue the jerseys to the team. All uniforms (except the game jersey) must be returned at the end of the season within one week after the team’s final game.

All jerseys have washing instructions printed on the label. Please wash the jerseys by hand or on a gentle cycle setting in cold water only. Please do not use bleach or chlorinated solvents on the jerseys. Never place the jersey in a dryer. Uniform pants can be washed in warm or hot water. You may use chlorinated solvents for the pants and the pants can be dried in the dryer.

**Purchasing of Game Jersey & Socks** must be purchased on the Equipment Days. Game jerseys are purchased through the Recreation Department Sports Office and must be paid in full at the time of ordering. The cost of the jerseys and socks for 2015 is still to be determined. Adults who wish to purchase a replica jersey must pay the full price at the time of ordering their child’s.

**Game Schedules** are developed by the FCYFL and will be available a week before the first game. League games will begin the weekend of September 19 - September 20. Each team will play seven regular season games. Home games will be played at George Washington Middle School. Away games will be in the Northern Virginia region, the league has member clubs in Arlington, Fairfax, Loudoun and Prince William counties. The majority of the games are played on Saturday, some may be on Sunday and occasionally a weekday game is scheduled.

FCYFL is proud to serve the youth and adult participants in the Greater Northern Virginia by providing a quality program of sportsmanship, teamwork, skills development, and fun and most importantly a safe environment for all.

FCYFL member clubs provide the league their available space (dates & times) to schedule regular season and playoff games. The league with their available space for games is distributed through the various Parks and Recreation agencies governing the jurisdictions where the clubs are located and area(s) serviced. User

space is distributed in conjunction through various matrices and formulas adopted as policy.

The area FCYFL services are diverse, and represented by many religions, customs, congestion, and logistical impacts, and some are totally beyond our control. FCYFL game scheduling can not equally recognize, and observe, all the different traditions, logistics and religious customs, by not scheduling games on a particular day, time or at certain locations. The purpose of this bulletin is to advise every family that registers to play football in FCYFL, that playing on these “special days or times” is a very real possibility and to consider what impact, if any, playing would have on your family. Each club is required to inform every registrant of this bulletin so they can make an informed decision as to their participation in youth football. Football is the most rewarding of all the little league sports, but it also requires the most time commitment of all sports regarding practice, game participation and family time.

FCYFL will not change the schedule of games or game times because of these “special” situations, we must schedule games in the space and time provide by the governing agencies. These are personal choices and everyone must make their own decisions as to whether or not to participate. FCYFL is attempting to provide this information as far in advance as possible. Participation or not, effects the players, the coaches and drafting teams in a club. Any questions on this bulletin should be directed to your club.

**Official Weigh In** is held by the league to insure proper player placement by age and weight. Each player must attend an official weigh in to be eligible to play in the league. The D.M.V. ID provided to the Youth Sports Office will be used as player identification at the weigh in.

Official weigh in will be held at Falls Church High School on the following dates **August 15, August 22, and August 29.** *There is not a fee to attend the first weigh in on August 15; in order to attend the late weigh ins parents will have to pay a \$20 fee to FCYFL. Only coaches and players will be allowed inside the weigh-in. Times will be announced the week of the weigh in.*

Other Requirements and/or Rules For Weigh In:

- A player will have only one chance to make his weight. Once he steps on an official scale and is found to be overweight, he must move up to the proper higher weight class. A player who cannot move to a higher weight class, either because their league does not file a higher weight class team, or because they fall outside the boundaries of the weigh-in requirements for

any class, may be allowed a second weigh-in at a time and place designated by the Standards and Rules Committee Vice-Chairman.

- There will be no waivers for weight.
- All players must be officially weighed in to become eligible for FCYFL competition.
- All youth registered with one organization become a member of that organization's team roster at the time of his official Weigh-In and cannot be transferred to another organization's team during the football season and post-season.
- No player wearing football gear will be allowed to weigh-in. Youth shall wear gym shorts or bathing suits at a minimum. Youth shall wear only one of each item of clothing as a maximum.
- Late weigh-ins shall be conducted at a time and place to be announced, with a fee, per player, paid to FCYFL.
- At no time during regular season may a player exceed the maximum weight gain over the allowable initial weight:

<b>Class</b>	<b>Allowable Gain</b>
AB	5
80#	5
90#	5
100#	10
115#	10
130#	10
155#	10

### **Concussions & Injuries**

**NFL/USA Football “Heads Up” Football Training Information** – All Titan football coaches are required by the City of Alexandria and Fairfax County Youth Football League to complete the coaches certification through USA Football. We are proud that our program is fully committed to the new USA Football “Heads Up Tackling” Program. This is the new movement by the NFL to make football a better and safer sport. “Heads Up” tackling teaches players to remove head-to-head contact in tackles and reducing concussion related injuries. The City of Alexandria has made concussion education a priority for the last six years. It is a very exciting time as football programs from youth leagues to the NFL are committing to this program and revolutionizing the sport.

Alexandria's Player Safety Coach, Jeremie Greer, oversees all aspects of the “Heads Up” Football Training. All coaches have received their certifications and have attended (or will attend) face-to-face training. Throughout the season, he will also be stopping by practices to monitor the program and would love to chat

with parents, coaches and players to answer any questions or concerns. Focal points of the program include concussion awareness, “Heads Up” Tackling Fundamentals, proper equipment fitting, understanding player psychology, progressive levels of contact (to include reducing amount of contact during practices) and consistent terminology. This information will be shared more in depth with everyone at the parent meetings.

Take a moment to take a look at [www.USAFootball.com](http://www.USAFootball.com) to learn more about “Heads Up” Football. You can also check out the Titans on CBS/WUSA 9 television station and USA Today Newspaper at <http://www.wusa9.com/news/article/271612/158/Heads-Up-training-program-teaches-safer-tackling> who interviewed our players, coaches and league officials on the new NFL/USA Football’s new “Heads Up” Tackling Program. It also made the news in Vermont also. <http://www.wcax.com/story/23199589/new-program-to-prevent-concussions-in-young-athletes>. The USA Today article can be found at <http://www.usatoday.com/story/sports/nfl/2013/08/27/heads-up-youth-football-nfl-roger-goodell/2711317/>.

**Parent’s Concussion & Football Training Dates** are mandatory for all parents on Tuesday, July 28 or Wednesday, August 5 at 6:30 pm at the George Washington Middle School. This will be a hands learning experience for parents to learn what their child learns. A final make-up parents meeting will be held in August (date to be determined) for those that do not attend the meeting on July 28 or August 5.

### **Tips On Preventing Heat Stroke**



Practicing or playing outside in the summer and fall months when the weather is hot can be dangerous. Players, coaches and parents need to take precautions to keep you safe and healthy during the hottest months of the year. People that know they are going to be in these types of conditions should be prepared and know the signs of heat stroke. Use these **Tips on prevent heat stroke** to help you remain happy and healthy all year long. Heat stroke occurs when your body becomes so overheated it cause the part of your system that regulates sweat to shut down. Once this happens your body can no longer regulate your temperature and you will begin to overheat. Follow the *tips on preventing heat stroke* that are below. They will help you **recognize the early signs of heat stroke** and allow you to get help before it gets out of control.

#### **Recognizing The Signs Of Heat Stroke**

There are several ways to tell if a person is *suffering from heat stroke while at practicing or playing*. You just have to know what the symptoms are and how you

can help them before it gets worse. This is a **list of heat stroke symptoms** that you should memorize.

- Thirst
- Fatigue
- Dizziness
- Headache
- Nausea
- Clammy Skin
- Pale Skin
- Chills
- Slurred Speech
- Muscle Cramps

**Coaches** are volunteers and must complete the volunteer application and background check consent form. All coaches must attend the National Youth Sports Coaches Alliance training certification and participate in coaches meetings, trainings, and football related clinics. All head coaches and assistants are required to be trained in the education course provided by USA Football which includes the new “*Heads Up*” *Football Training*. All coaches must sign the FCYFL required Coaches Code of Conduct. All coaches will conduct themselves at all times with sportsmanship and integrity. Only five (5) assistant coaches are allowed for each team.

Volunteer opportunities are also available to coach flag football, baseball, softball, swimming, track and field, field hockey, basketball, cheerleading and volleyball. For additional information on volunteer opportunities and the leagues, contact the Sports Office at 703.746.5402, or email [mac.slover@alexandriava.gov](mailto:mac.slover@alexandriava.gov) or [tamika.coleman@alexandriava.gov](mailto:tamika.coleman@alexandriava.gov).

**FCYFL Player Participation Rule:** All eligible, rostered players shall participate in each game of the season except in the case of injury or absence.

The player participation policy of the **American Conference** is that each player shall participate in every game for a significant portion of the total game time. Although a specific number of plays or time requirements are not required in this conference, it is the spirit and intent of the League that all Players participate fully. Teams participating in this Conference shall not select players that will not play a significant portion of each game.

The player participation policy of the **Central and National Conferences** as well as the **Anklebiter Group** is that each player shall play the entire game, either on offense or defense, except in case of an injury or sickness. The purpose of this rule is to allow every rostered participant to play the entire game. The basics of the rule are:

- a) The maximum number of players per team is 22.
- b) Should a team (other than Anklebiter) apply for a waiver on roster size, they will automatically be placed in the American Conference.
- c) The offensive team may choose to play 12 players while running their offense, using the 11th and 12th players to shuttle plays into the huddle. Only two players may be used to shuttle offensive plays, each player alternating on subsequent downs. If a coach chooses to use this method, then those players used to shuttle plays must also play defense and cannot be substituted unless injured or sick.
- d) At the change of any possession, all players on the sideline must enter the game.

**Rules for the Fields** are in place to ensure that everyone has a positive experience at our facilities. Please obey all rules at our practice fields, game fields and at fields throughout the league. The following rules are in place at Alexandria fields: **a)** No pets are allowed on the City of Alexandria school grounds **b)** No smoking is allowed around the field area, please smoke in the parking lot area **c)** only approved coaches, players, cheerleaders, commissioners, and staff will be allowed inside of the fence area during games **d)** cameras are not allowed inside the fence area **e)** snacks after the game must be distributed outside the field area and all trash cleaned before leaving the facility **f)** alcohol is not permitted at the fields

**Sportsmanship** is a major part of our program. Every participant, parent and coach will be required to follow all City of Alexandria rules and regulations for conduct for any sponsored program or event. Players, parents and coaches must sign the Maryland & Northern Virginia Recreation and Parks Sports Code of Conduct. The Code of Conduct will be kept on file in the Youth Sports Office. The Alexandria Titans and FCYFL will not tolerate poor sportsmanship from anyone involved in the program. The Code of Conduct is attached to this guide, please review it and discuss it with your child. If anyone is suspended from a City of Alexandria or FCYFL facility for inappropriate actions, action will be taken against that person including up to barment from attending practices or games indefinitely.